



FARMER TO FARMER - PRACTICES FOR RESILIENCE SERIES

SEFITO, THE DROUGHT SURVIVOR

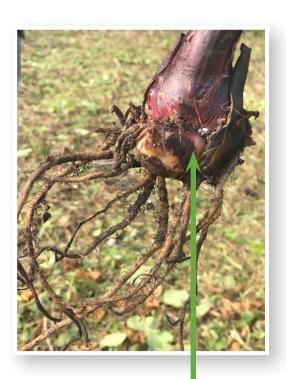
Niueans recognise the Sefito as the ultimate drought survivor. Veteran organic farmer Valu Tukiuha said that even when most crops have died from the long dry, the Sefito perseveres. He said the Sefito's bulbous stem base stores water helping it survive.

The Sefito has been part of Niuean diets for generations and is considered an ancestral plant and particularly used during times of famine. The Pacific Organic and Ethical Trade Community (PCETCom) is encouraging the increased production of traditional crops that are resilient enough to withstand the ravages of climate change and are good for the nutritional wellbeing of Pacific Island communities.

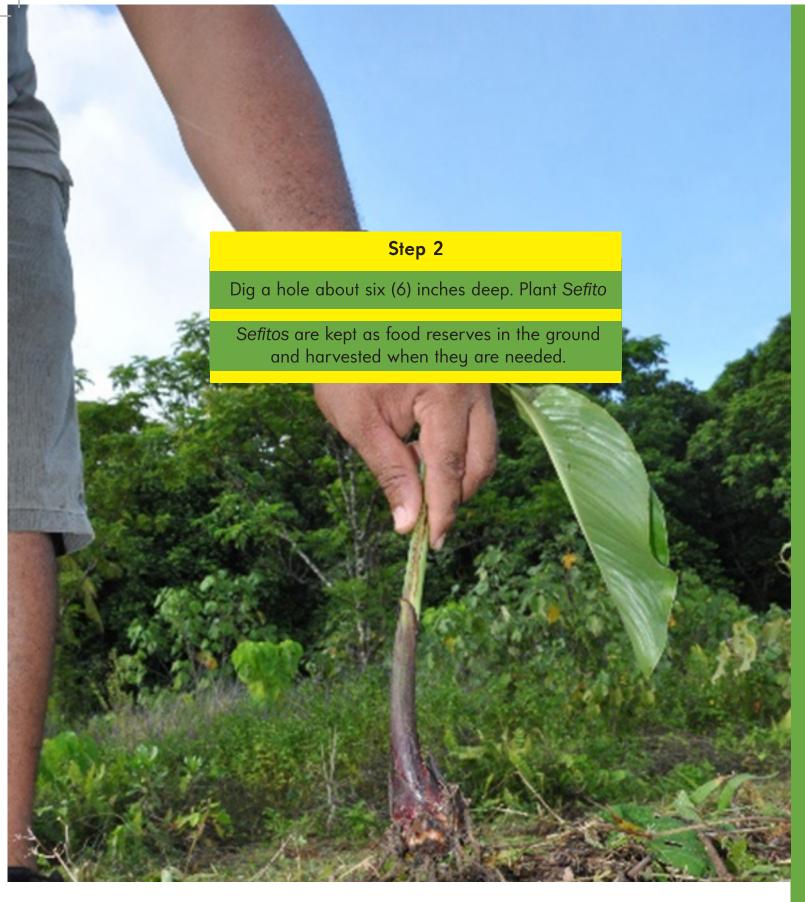
Unlike before, planting of Sefito has declined, corresponding to an increase in processed foods in Niuean diets

Step 1: Get planting material





Bulbous stem base that stores water



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